



**The Venerable  
Bede**

***St. Bede Episcopal Church***  
*Port Orchard, WA*



***Our Newsletter***

**"The Tidings"**

**JUNE, 2019**

***Special Events***

***Sunday, June 2***  
***BIRTHDAY FUNDRAISER***  
***for CYSTIC FIBROSIS***  
***following Both Services***

***Sat June 15 & Wed June 26 - Whole  
Church Potlucks - See article for details***

***Monday, June 17***  
***11am-6pm - Family Kitchen***  
***at First Lutheran Community Church***

***Tuesday, June 18***  
***10am - Episcopal Church Women***  
***meet in Parish Hall***

***Check out information on Camp Huston  
and Summer Adventures for Teens***

## ST. BEDE FAMILY JUNE BIRTHDAYS



Maryann Jordan  
Arienne Davison  
Phil Pollard  
Paul Gaudette  
Kathleen Ebbert  
Anne Liepman  
Tom Wilkin  
Helen Carter

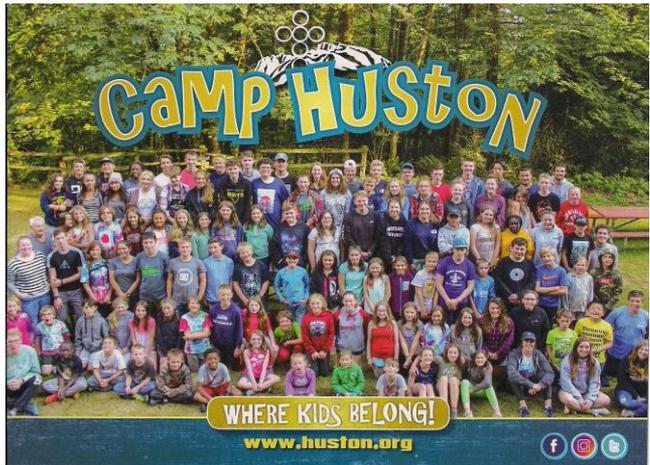
Noah Thomassen  
Dan Hopkins  
Patti Pollard  
Kealani Davis  
Mary Ferreira  
Russ Rosenquist  
Don Lorimor

**THANK YOU** for all your support of the  
**Spring Fling** for many years.  
This year **ECW** is taking a break  
from hosting this event.

**Camp Huston** is an Episcopal summer camp where children and adults come to learn more about nature, God and themselves.

The goal is for campers to develop leadership skills, build self-esteem and have fun.

Scholarships are available. Contact Arienne or Kathleen



# REMINDER OF BIRTHDAY FUNDRAISER FOR CYSTIC FIBROSIS



As mentioned in the May edition of the Tidings, I'm planning to celebrate my birthday this year with a **Birthday Fundraiser at St. Bede's on Sunday, June 2.** The Cystic Fibrosis Foundation, specifically **'Team Matthew N.W.'** are near & dear to my heart & will be the beneficiaries. This fundraiser is in honor of our 6-year-old grandson, Matthew, who was diagnosed with C.F. when he was 10 days old.

**The Cystic Fibrosis Foundation is a non-profit organization that works throughout the year by doing extensive research to help C.F. patients live longer, more productive lives; their underlying goal is to eventually find a cure for this debilitating, life-threatening disease.** In addition to research & development, they help C.F. patients & their families in countless other ways (including assistance with prohibitively expensive medications), & work closely with the Make-A-Wish Foundation. They depend on donations from compassionate supporters to accomplish their goals, & unlike with some other non-profits, donors are assured that the majority of the monies received go to help those in need. All donations are greatly appreciated (no amount is too small or too large), & are 100% tax deductible.

A basket will be available at the fundraiser, & if **you'd like to make a donation in the form of a check, please make it payable to: The Cystic Fibrosis Foundation.** To assure that our team is credited with these donations, **we ask that you clearly indicate "Team Matthew N.W." on the lower left side of the check** (otherwise, the gift will go to a general fund ~ a good cause, but not our team).

Adding a festive atmosphere to the event, our own Kathleen Ebbert has offered to provide one of her beautiful knitted afghans, which will be available for a Silent Auction! Supporting a worthy cause, knowing you're helping a spunky little 6-year-old & others like him, enjoying some yummy refreshments, & having the opportunity to win one of Kathleen's beautiful creations. **This C.F. Birthday Fundraiser offers the possibility of a "win-win" situation for everyone!** Thank you for choosing to participate! **Judy Drummond**

**Celebrating our Little Food Pantry Ministry  
St. Bede's makes an impact and changes lives**

YES!

Thanks, many  
times it has  
helped me out also.

"I was hungry -  
and you fed me".

Thanks Many Times Over.

The Simons

Hello,

I would just like  
to say

Thank you  
for the food that  
you put in here  
daily! It is  
greatly appreciated

Thank you  
again

God Bless

The Taylor  
Family!

## EPISCOPAL CHURCH WOMAN (ECW)



ECW is planning a lunch outing on **TUESDAY, JULY 16**, to **Bruno's Restaurant** in **Lakewood**, followed by a stop at **Hess' German Deli and Bakery** for shopping.

We will meet at **St Bede** at **10am**, leaving promptly at **10:15am**, and carpool to Tacoma, for lunch at 11am. **ALL are welcome to join us, men included!**

We do need to know how many are going by **JULY 1**, so reservations can be made. A sign-up sheet will be available in the Parish Hall.

If you have questions, please contact **Fran Valley** at **253-324-0032** or **Jami Bledsoe** at **360-871-1667**.

## FLOWER AND CANDLE DONATIONS



Thank you to all who have signed up to provide flowers or candles to beautify our Sanctuary at **St. Bede's** and to remember or honor a loved one. Special Thanks to Linda Beetz,



Sarah Yergin, Karen Bathgate, Richard Dykstra and Linda Varda, Kathleen Ebbert, Patti Pollard, Fran Valley, Anne Liepman, and Mary-Francis Jones for submitting payments.

**We still have plenty of openings and opportunities for donations for Flowers - \$20, and Sanctuary candles - \$5, from June through December.** Feel free to add a name, even if a date has already been filled, as we can recognize more than one person each Sunday. Please remember to make checks payable to **St Bede's** with flower or candle donation in the memo line.

**If you have any questions, please contact:**  
**Cyndy Dillon, cpdillongh@comcast.net or 253 225-9284.**



# **THE COLORS**

*Come and See...Go and Tell Newsletter*  
*Diocese of Olympia*

## **Prayer and Share 2019**

Saturday, June 8 at St Andrew's Episcopal Church  
7410 S 12<sup>th</sup> Street, Tacoma, WA 98465  
[www.saintandrewstacoma.org](http://www.saintandrewstacoma.org)

Welcome and Music at 10:30 am, Speaker at 11 am, Lunch at Noon,  
Grouping at 1 pm, and Depart in Peace at 2 pm.

Speaker is Julie Evans. Julie comes from a Cursillo family and made her Cursillo in 2000. She has served on many teams since then and has served on the Secretariat during the transition from Cursillo to Come and See. Julie is a member of St. Margaret's, Bellevue.

ALL are welcome, especially those interested in the  
COME AND SEE...GO AND TELL 2019 Weekend, October 25-27<sup>th</sup>  
at Dumas Bay Center.

For further information, visit: <http://www.olycursillo.org>

Diocese of Olympia: The Episcopal Church in Western Washington

# Summer Adventures for Teens

## ■ CAMP IN THE CASCADES...



**july 14 – 20**  
Cabins • Swimming • Archery  
All food & lodging included  
For current grades 9 – 12  
Early-bird discounts and scholarships available

youth  
**SUMMER CAMP** at   
Camp Huston

More information & registration:  
<https://six-day-at-camp-huston.eventbrite.com>

## ■ PILGRIMAGE ON THE PENINSULA...



**august 4 – 10**  
Hike the Olympic Discovery Trail  
All food & lodging included  
For current grades 9 - 12  
Scholarships available

youth  
**creation care  
pilgrimage**

More information & to reserve your place:  
<https://youth-creation-care-pilgrimage.eventbrite.com>



Diocese of Olympia ■ 1551 10<sup>th</sup> Avenue E. Seattle, WA ■ [www.ecww.org](http://www.ecww.org)

**Scholarships are available.  
Please contact Arienne or Kathleen in the Office  
for details.**

## GATHERING GROUP UPDATE

**St Bede's (whole church) is to host potlucks as a whole church twice each month throughout the summer. All are invited, regardless of group assignment. We will all pitch in.**



The goal of this change was to take organizational burden off group leaders and to help spread success rather than focus on less functional group dynamics.

**Dates and times:**

**Saturday June 15, 5 p.m., dinner**

**Wednesday June 26, 12:30 p.m., lunch**

**Saturday July 13, 11:30 a.m., lunch**

**Wednesday July 24, 5pm, dinner**

**Saturday August 10, 5 p.m., dinner**

**Sunday September 8, Parish Picnic After 10am service**

**Potluck Signups:**

**Kathleen and Arienne will put out a sign-up sheet with some basic categories** to leave in the parish hall to help assure some balance to the meals.

**The categories are: Appetizers/Bread, Sides and Salads, Desserts, Beverages (non-alcoholic), Clean up.**

**The Rev. Arienne Davison**



## Family Kitchen

**Monday May 20, 2019**

Today at Family Kitchen we served 23 people and sent 16 full meals home for family members that are shut in and for extra food. We served pulled pork sandwiches, broccoli, salad, hard boiled eggs, brownies, and the usual beverages. Leftover food was saved to augment Family Kitchen tomorrow night.



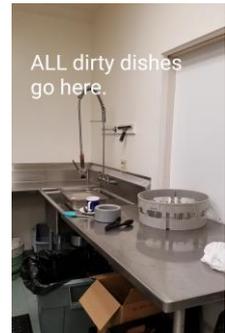
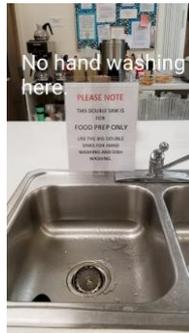
**A big thank you to everyone that helped setup, prepare the food, serve the food and clean up.** We were missing a few of our tried and true regulars, but we were done with 2 minutes to spare. (6:28pm)

This ministry is so appreciated by those we serve. People in our community are fragile, hungry and despair about their future. The 8 meals served at the end of every month fill the hole caused by rising prices, food insecurity, and homelessness. We serve whole families with small children, too.



**Our next Family Kitchen Meal will be on Monday, June 17.**

**New signage for Family Kitchen**



You are a blessing to our community, and I thank you for your generosity.

**Love, Margo Spence.**



## PARISH NURSES



### Summer Hints



**From all I have read, this promises to be a hot and dry summer. Here are a few hints to prepare for the summer so you can stay safe and comfortable**

#### Water

Keep water on hand at all times to avoid dehydration. Avoid peak heat hours Exercise, play and garden outside before or after the peak heat hours of the day (10:00-2:00).



#### Wear sunscreen



Apply it 30 minutes before going outside for best results. SPF 30 or higher is recommended. Wear a wide brimmed hat to protect your ears from burning. And of course, if you are a little thin on top nothing is more uncomfortable than sun burning your scalp.

#### Protect your eyes

Wear sunglasses or a wide brimmed hat to keep out the strong summer sun.

Washington States has the highest average sales of sunglasses. We are continually setting them down or misplacing them during the cloudy day then buy a new set when we need them.



#### Use fans



Be sure to turn on your ceiling fans, try a pedestal fan, or even a desk fan if you are tied to your computer during the day.

## Spritz yourself

Keep a spray bottle in the refrigerator, and when the going gets hot, give yourself a good squirt.



## Give your appliances a break



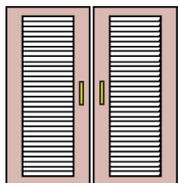
Skip the drying cycle on the dishwasher and leave the door open to let the dishes dry. Try grilling outside instead of heating up the oven.

## Eat light

There's a reason we crave salads in the summer. They're easier to digest than heavier foods that leave you feeling sluggish in the high heat.



## Put up sun blockers



Keep your house cooler by closing blinds and drapes to block out the sun.

## Have a safe and healthy summer.

**Ken and Mary Hulet, Parish Nurses**

**SUMMER  
FUN!**

## **TIDINGS**

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**St. Bede Episcopal Church**

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**P.O. Box 845**

**Port Orchard, WA 98366**

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[www.stbedeschurch.org](http://www.stbedeschurch.org)

**The Rev. Arienne Davison - Vicar**

[bedesvicar@gmail.com](mailto:bedesvicar@gmail.com)

## **Services:**

**Sundays -**

**8:00 AM - Holy Communion  
without Music**

**10:00 AM - Holy Communion  
with Music, and  
Sunday School**

**Wednesdays -**

**11:00AM - Holy Communion  
Bible Study and Prayer**



**St. Bede Episcopal Church**

**P.O. Box 845**

**Port Orchard, WA 98366**

**In the love of Jesus Christ, St. Bede joyfully welcomes you  
and seeks to serve and to nurture spirituality in all.**